Golytely 2 Day Checklist for Colonoscopy

2 DAYS PRIOR TO PROCEDURE

☐ **Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.

☐ **6PM: Drink one glass of Golytely every 15 minutes until 2 liters is consumed.** Complete this within a 2-hour time frame. Take 4 Dulcolax (laxative) tablets by mouth. These may be purchased over-the-counter.

1 DAY PRIOR TO PROCEDURE

☐ **Continue to consume a clear, liquids-only diet.**

☐ **12PM: Take 4 Dulcolax (laxative) tablets by mouth. Begin drinking Golytely again until the entire jug has been consumed.**

DAY OF PROCEDURE

☐ **Avoid eating or drinking** unless you have been instructed otherwise.

☐ **Take necessary medications** with a small sip of water.

☐ **Arrive at the hospital** at your specified procedure time.

☐ Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**

Your preferred pharmacy is listed as: ______________________________

This prep will be sent to your pharmacy.
Frequently Asked Questions:

What can I expect as I ingest Golytely?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

Can I do anything to improve the taste of the Golytely?

*You may add crystal light flavoring to the Golytely. You can also suck on a lemon for a change of taste. Do not add any coloring agents to Golytely.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*